

Recreation Activity Guide

Winter 2022



January - March

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Information



Registration

Online registration is available at esrec.org.

Walk-up and in-person registration is available at the Clubhouse, Checkout Building, Joslyn Center, and Aquatics Center.

Classes

Resident: December 6 at 9am

Non-Resident: December 13 at 9am

Swim

Refer to Aquatics Section for Registration Dates
(Page 18)*

Resident Recreation ID Card

El Segundo Residents with a valid Rec ID receive a discount on all recreation activities and facility and outdoor rentals. Parents registering a minor must also have a current Rec ID for discounts. Rec IDs can be purchased at the Checkout Building, Clubhouse, Joslyn Center and Aquatics Center. Rec ID purchases require (2) forms of proof of El Segundo residency. Business addresses in El Segundo are not eligible for Rec ID.

Class and Camp Refund Policies

All participants will have the first day of class to decide whether or not to continue. Requests for refund or transfer must be made prior to the start of the second class and a \$10 administration fee will be applied.

All refund requests must be submitted via email to reghelp@elsegundo.org

No refunds or credits will be issued after the start of the second class meeting because enrollment numbers determine if classes will be canceled as well as payment to our contract instructors.

To obtain a space, please register early.

Participants will receive a full refund for classes canceled due to low enrollment.

All refunds will be returned to the initial form of payment used. Checks will take up to 6-8 weeks to process.

Exceptions to these policies based on unforeseeable circumstances will be considered by a supervisor on a case by case basis.

Adults & Older Adults

Arts

Fundamental of Art Workshop (18+ Years)

In this fun and easy class, we will explore different medias such as acrylics, watercolor, and charcoal. We will discuss the various elements of art such as composition, color, and shape. With a little art history thrown in as well.

Location: Joslyn Center, Crafts Room

Instructor: Dawn Whitney-Hall

Cost: \$100/\$125 for Non-Residents

M 1/10-2/14 12:00-2:00pm

Hand Building Clay Workshop (18+ Years)

Come join us for clay hand building class. Throughout the class, you will learn the basics in hand-building techniques where you will create forms using hands, fingers, and tools. All levels welcome to do fun, easy projects using the basics of clay. 4-6 projects will be completed.

Location: Joslyn Center, Crafts Room

Instructor: Dawn Whitney-Hall

Cost: \$120/\$150 for Non-Residents

M 1/10-2/14 10:30-11:30am

Ceramic Painting Workshop (18+ Years)

In this class, we paint a beautiful ceramic piece of art. This class will cover composition, brush strokes, design and color.

Location: Clubhouse, Tri-Room

Instructor: Dawn Whitney-Hall

Cost: \$110/\$137.50 for Non-Residents

T/Th 1/11 & 1/13 6:00-9:00pm

T/Th 2/08 & 2/10 6:00-9:00pm

T/Th 3/08 & 3/10 6:00-9:00pm



Fitness

Arthritis Foundation Fitness (18+ Years)

The Arthritis Foundation Fitness Program builds muscle strength and joint flexibility using therabands and weights. Balance, and coordination exercises are done, as well as low impact aerobics. While exercising, you are always encouraged to stay within your comfort zone.

Location: Joslyn Center, Social Hall

Instructor: Victoria Samia

Cost: \$65/\$81.25 for Non-Residents

W/F 1/12-3/25 11:00am-12:00pm

CoreXpress (18+ Years)

Get in, get it done and get on with your day! This 35 minute intense workout delivers everything you need from your workout and it starts with your core. 10 minutes of mat based abdominal work is followed by 25 minutes of core/cardio training. Weights and bands are utilized to give you maximum results in a shorter time span.

Location: Joslyn Center, Social Hall

Instructor: Victoria Samia

Cost: \$60/\$75 for Non-Residents

M 1/10-3/14 9:00-9:35am

W 1/12-3/16 9:00-9:35am

Pilates (18+ Years)

From rock stars to Wimbledon champs and Lakers players, Pilates is now mainstream. Mind and body work together as you strengthen and lengthen all the major muscles of the body with focus on the abdominals. This Pilates-mat class is appropriate for all fitness levels. Class benefits include improved posture, muscle tone, and strength, while leaving you feeling renewed, regenerated and energized.

Location: Joslyn Center, Social Hall

Instructor: Victoria Samia

Cost: \$90/\$112.50 for Non-Residents

M 1/10-3/14 6:30-7:20pm

F 1/14-3/18 9:00-9:50am

Adults & Older Adults

Pickleball

Pickleball Clinic 101 (18+ Years)

A beginners guide to Pickleball. In this class we will go over the three shots that are absolutely necessary to play the game of Pickleball. If you have never played before or if you already know how to play a little, this is the class for you. This class is also a great way to meet players at your skill level to play with. Paddles will be provided so all you need to bring is yourself!

Location: Volleyball Court

Instructor: Cade Erickson

***Instructor: Connie Thrasher**

Cost: \$28/\$35 for Non-Residents Per Class

M 1/03-3/28 6:00-7:30pm

1st and 3rd M 9:00-10:30am*

Pickleball Clinic 102 (18+ Years)

An intermediate's guide to Pickleball. Students should already know how to dink, dropshot, and serve somewhat consistently. It is highly recommended that you have taken PB 101 before taking this class. PB 102 teaches three shots, two shots that build on the fundamentals of play acquired from PB 101 as well as a new shot. Students will also learn how to score a real game.

Location: Volleyball Court

Instructor: Cade Erickson

Cost: \$28/\$35 for Non-Residents Per Class

W 1/05-3/30 6:00-7:30pm



Pickleball League Schedule

January 11 through March 3

<u>Skill Level</u>	<u>Day</u>	<u>Time</u>	<u>Team Fee</u>
Mixed 3.0	Tuesday	6:00-8:00pm	\$350
Women's Round Robin 2.5	Wednesday	9:00-11:00am	\$65
Mixed 3.5	Wednesday	6:00-8:00pm	\$350
Women's 3.5	Thursday	9:00-11:00am	\$350
Women's 3.0	Thursday	11:00am-1:00pm	\$350
Men's 3.0	Thursday	6:00-8:00pm	\$125
Men's 3.5	Thursday	6:00-8:00pm	\$125

Mixed and women's teams may have a max of 8 people on the roster and the men's league may have a max of 4 people on the roster. Must have an even number of teams per league type.

Adults & Older Adults

Pickleball

Intermediate/ Advanced Boot Camp: 3.0-4.0 Skill Levels (18+ Years)

Want to take your game to the next level? These boot camps are specifically designed for the intermediate to advanced level player. It will focus on specific skill techniques ranging from solid fundamentals to advanced technique. The boot camps will include a variety of offensive and defensive strategies to assist you with your game development.

Location: Pickleball Court

Instructor: Cade Erickson

Cost: \$100/\$125 for Non-Residents Per Class

W 1/05, 2/16, 3/30 10:00am-12:30pm



Scott Crandall is one of the top senior touring pro's on the professional Pickleball circuit. Scott is a multiple winner on the PPA and APP pro tours, currently ranked as #4 in men's senior pro doubles and #6 in mixed senior pro doubles.

Scott joined El Segundo's program in 2021 as the Pro PPR certified Pickleball instructor and brings his 10 years of instructional experience to the program. When Scott isn't playing his own medal matches on tour, you can catch him on the sidelines providing strategic advice to Jessie and Catherine who are currently the #1 women's team in the world!

Scott is available for private, semi-private, group, and "3 & me" lessons.

Contact him directly at 818-307-4403 or scottc.777@gmail.com

Intermediate/ Beginner Boot Camp: 2.0-2.9 Skill Level (18+ Years)

These boot camps are specifically designed for the player who wants to build a strong foundation on fundamentals and skills as well as an emphasis on strategy. The focus will be on the core shots for pickleball which include dinking, third shot drops, transitioning to the kitchen, volleys, lobbing, overheads, serving, and returning. With a solid foundation you will be able to begin incorporating strategy into your play.

Location: Pickleball Court

Instructor: Scott Crandall, Touring Pro and Certified Instructor

Cost: \$100/\$125 for Non-Residents Per Class

W 1/26, 3/23 10:00am-12:30pm

THE CITY OF EL SEGUNDO COMMUNITY SERVICES
PRESENTS...

SPRING FLING
ROUND ROBIN
TOURNAMENT

Sunday, March 27, 2022
9:00 am - 5:00 pm

3 EVENTS > MEN'S, WOMEN'S &
MIXED DOUBLES

COST: \$50 PER TEAM, PER EVENT

Adults & Older Adults

Fitness

50 Minute Fitness (18+ Years)

This high intensity low impact cardio class is open to intermediate fitness levels and those looking for a challenge. This class incorporates light weights (up to 5lbs), challenging core work, stabilization and back exercises to give you a well-rounded workout. Bring your own set of two hand weights. This class is not recommended for individuals needing mobility assistance, please see instructor if you have concerns regarding your ability to participate in the course.

Location: Joslyn Center, Social Hall

Instructor: Victoria Samia

Cost: \$65/\$81.25 for Non-Residents

T 1/11-3/15 10:00-10:50am

Th 1/13-3/17 10:00-10:50am

Zumba (18+ Years)

Zumba is a fusion of Latin and International music. This high energy class is a combo of motivating music and body sculpting movements with easy to follow dance steps.

Location: Clubhouse, Auditorium

Instructor: Sandra Delgado

Cost: \$25/\$31.25 for Non-Residents

***Cost: \$20/\$25 for Non-Residents**

M 1/10-2/14 7:00-8:00pm

M 3/07-3/28 7:00-8:00pm*

Dance & Music

Community Sing (18+ Years)

Go down memory lane and learn about history, trivia, and class discussion of music while singing and being entertained. Showtunes, pop, film music, folk, and classical.

Location: Joslyn Center, Social Hall

Instructor: Ursula Matlock

Cost: \$30

T 1/11-2/01 10:30-11:20am

W 1/12-2/02 10:30-11:20am

F 1/14-2/04 10:30-11:20am

Tapping for Fun & Exercise (18+ Years)

Adult tap classes are presented for fun and exercise in a non-competitive atmosphere while learning and practicing tap routines. In the beginner class, you will learn basic tap steps to use in combination including: flaps, shuffles, ball changes, and the single time step. In the intermediate class, you will expand and build on basic tap skills and add techniques like buffalos and the double and triple time steps.

Location: Clubhouse, Auditorium

Instructor: Carol Well

Cost: \$75/\$93.75 for Non-Residents

Beginner: T 1/11-3/15 6:00-7:00pm

Intermediate: Th 1/13-3/17 6:00-7:00pm



EL SEGUNDO Dial-a-Ride



THE CITY OF EL SEGUNDO HAS PARTNERED WITH LYFT TO PROVIDE RIDES TO IN-TOWN DESTINATIONS FOR RESIDENTS AGES 55+ OR THOSE WITH LIMITED MOBILITY

HOW IT WORKS:

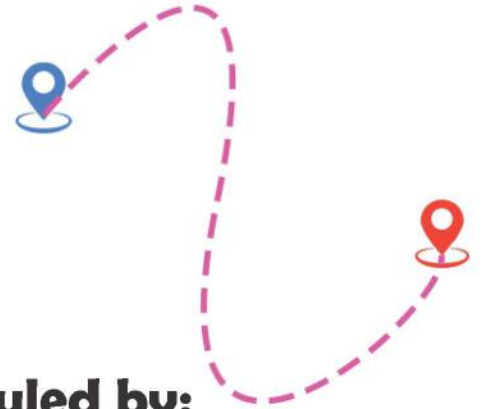
It is a door-to-door service where rides can be scheduled for On-Demand transportation or up to 7 days in advance. All rides within El Segundo, **\$15 or less**, will be free!!

In order to qualify for the free rides, you must:

1. Be an El Segundo senior resident with a current REC ID
2. Contact Dial-a-Ride to be entered in the LYFT Pass.
3. Schedule within the following time frames

Weekdays: 8:15 am - 4:45 pm

Saturdays: 9:30 am - 1:30 pm



Rides with Lyft can be scheduled by:

Calling or visiting the Joslyn Center



Call or visit the Joslyn Center. Let us know your:

- pick up location
- drop off location
- return trip
(if applicable)

OR

Downloading the APP or going online

The LYFT APP can be downloaded to your phone for free or you can visit www.lyft.com (Step-by-step instructions can be found at the Joslyn Center)



For more information on Dial-a-Ride with Lyft, contact the Joslyn Center at 310-524-2704



CITY OF EL SEGUNDO'S

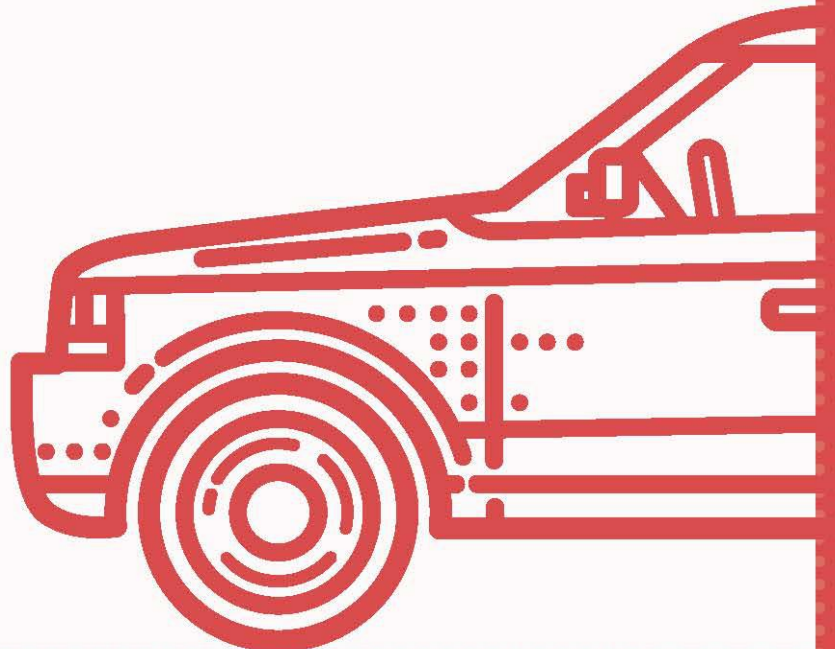
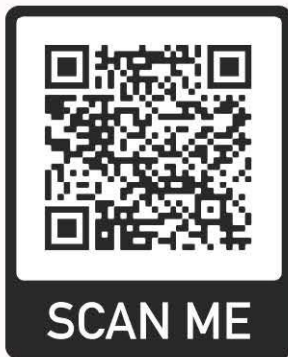
DOCTOR DIAL-A-RIDE WITH LYFT

TUESDAYS & THURSDAYS - 8:00AM - 4:00PM

Catch a Lyft with Doctor Dial-A-Ride! We are rolling out our new Dial-A-Ride program in partnership with Lyft. This program is designed to give residents ages 55+ more options for transportation to their doctor appointments!

Have questions? We have answers! Come visit us at the Joslyn Center or call 310-524-2705 to book your ride.

Learn more at esrecandparks.org or scan the QR code for instructional video.



Teens

Classes

Filmmaking: Documentary (13 to 18 Years)

Here is an opportunity to learn how to make a Documentary film from a Documentary Filmmaker. This 8 week session will guide you through every step you need to complete your masterpiece! You may want to preserve your family history, honor a family relative or document an important event. The ideas are endless.

Location: Clubhouse, Tri-Room

Instructor: Anna Giannotis

Cost: \$224/\$280 for Non-Residents

Th 1/13-3/03 4:00-5:30pm

Hip Hop (13 to 18 Years)

Hip Hop is the high energy street movements seen in many music videos and TV shows. Challenging dance routines are taught that are cool, dynamic and never dull. Wear comfortable clothes and clean sneakers.

Location: Clubhouse, Drop-In Room

Instructor: Athletic Grace Dance Studio

Cost: \$100/\$125 for Non-Residents

T 1/11-3/29 5:00-6:00pm



The Teen Advisory Committee (TAC) is a group of teens who plan bi-monthly events specifically for teens in the El Segundo community.

Stay tuned for their 2022 Winter events!

El Segundo Teen Center 405 E. Grand

- Pool Tables
- Ping Pong Tables
- FREE Wifi
- Basketball Court
- Skate Park
- TVs
- Video Games
- and MORE!

Hours of Operation:
Monday, 2pm to 8pm
Tuesday - Friday, 3pm to 8pm
Saturday, 12pm to 8pm

TEEN CENTER SNOW TRIP

Snow Summit ❄️ Lift Passes ❄️ Transportation



Resident \$66
Non-Resident \$81

February 21
5:30am-9:00pm

Join the El Segundo Teen Center on our annual Snow Trip to Snow Summit. Teens will be bused up to Snow Summit in Big Bear bright and early and return later in the evening.

Questions? Please call (310)524-2717
or email twilson@elsegundo.org



This is not an ESUSD Sponsored event



Youth & Tots

Arts

Art Lab For All (5 to 12 Years)

Come explore the creative possibilities with a variety of materials and mediums. Projects inspired by current working artists are just the starting point for you to discover your own style and process. All artists are welcome.

Location: Clubhouse, Tri-Room

Instructor: Natalie Strong

Cost: \$120/\$150 for Non-Residents

F 1/14-2/18 3:15-4:05pm

F 2/25-4/01 3:15-4:05pm

Art Lab For All (3 to 5 Years)

Come explore the creative possibilities with a variety of materials and mediums. Projects inspired by current working artists are just the starting point for you to discover your own style and process. All artists are welcome.

Location: Clubhouse, Tri-Room

Instructor: Natalie Strong

Cost: \$120/\$150 for Non-Residents

F 1/14-2/18 9:15-10:05am

F 2/25-4/01 9:15-10:05am

Enrichment

Spanish Parent & Me (6 Years & Under) (7 Years & Under)*

Hola! Join this playgroup in Spanish.

Accompanied by parents or caregivers, these young "students" start learning a new language through a variety of activities designed to engage their minds and bodies. Music and movement form the foundation for the classes, as the children sing simple, rhythmic songs and dance, run, spin and jump around the room! Help your child expand their opportunities by learning or practicing Spanish.

Location: Clubhouse, Auditorium

Instructor: Sandra Delgado

Cost: \$180/\$225 for Non-Residents

***Cost: \$60/\$75 for Non-Residents**

T 1/11-3/29 11:00-11:45am

Sa 1/22-2/12 9:15-10:00am*

Sa 2/26-3/19 9:15-10:00am*

Filmmaking (7 to 13 Years)

Write! Direct! Act! Shoot! Edit! As Filmmakers you will collaborate on a genre: Thriller, Spy, Comedy.. the list is endless... You will learn how to outline the STORY, create CHARACTERS, cast your ACTORS, prepare SHOTS and start ROLLING. You will choose your Best Takes in POST PRODUCTION and add MUSIC and SOUND EFFECTS! All you need is a camera, iPad, or iPhone and your IMAGINATION. iMovie software will be provided for EDITING on a MacBook Pro.

Location: Clubhouse, Tri-Room

Instructor: Anna Giannotis

Cost: \$250/\$312 for Non-Residents

W 1/12-3/16 4:00-5:30pm



Tiny Tot Valentine's Tea Party

SAVE THE DATE:
Monday, February 14

10am to 11:30am
@ Clubhouse

Tickets Required.
Further details TBA.

Youth & Tots

Dance

Hippity Hop (3 to 5 Years)

Hippity Hop is a fun dance class for high-energy kids. Set to kid-friendly music, students will gain self confidence while improving balance, agility, and coordination. This is a structured class geared for children who are preparing for or are attending school.

Location: Clubhouse, Auditorium

Instructor: Athletic Grace Dance Studio

Cost: \$100/\$125 for Non-Residents

M 1/10-3/28 3:45-4:30pm

Tutus & Taps (3 to 5 Years)

This is a movement class that explores rhythm, song, body awareness, locomotor and a creative expression. Exercises are geared to the developmental needs of preschoolers. This is a structured class geared for children who are preparing for or are attending preschool.

Location: Clubhouse, Auditorium

Instructor: Athletic Grace Dance Studio

Cost: \$100/\$125 for Non-Residents

T 1/11-3/29 3:45-4:30pm

Ballet (6 to 10 Years)

This beginning level class is designed to develop awareness of alignment and basic ballet vocabulary and technique. Class will include basic barre exercise, as well as center work. Your child will have a fun time learning the secrets behind becoming a great ballerina or danseur!

Location: Clubhouse, Auditorium

Instructor: Athletic Grace Dance Studio

Cost: \$144/\$180 for Non-Residents

T 1/11-3/29 4:35-5:35pm

Sports

4-Sport Multi Sport (5 to 8 Years)

This program brings you 4 fantastic sports: Soccer, Baseball/Softball, Basketball & Track. We will teach your player how to kick and control a soccer ball, how to hit, catch, throw and run the bases, shoot and dribble a basketball and running, jumping and building strength + endurance in our Track & Field program. Our goal and focus is to maintain an energetic & highly active program that will teach, encourage and advance your young players regardless of their skill level. Please bring an age-appropriate soccer ball for the first week. A hitting tee and a basketball are needed later in the session.

Location: Checkout Grass Area

Instructor: BEST Sports Staff

Cost: \$100/\$125 for Non-Residents

Sa 1/15-2/19 10:40-11:25am

Sa 2/26-4/02 10:40-11:25am

4-Sport Multi Sport (2 to 4 Years)

This program brings you 4 fantastic sports: Soccer, Baseball/Softball, Basketball & Track. We will teach your player how to kick and control a soccer ball, how to hit, catch, throw and run the bases, shoot and dribble a basketball and running, jumping and building strength + endurance in our Track & Field program. Our goal and focus is to maintain an energetic & highly active program that will teach, encourage and advance your young players regardless of their skill level. Please bring an age-appropriate soccer ball for the first week. A hitting tee and a basketball are needed later in the session.

Location: Checkout Grass Area

Instructor: BEST Sports Staff

Cost: \$100/\$125 for Non-Residents

Sa 1/15-2/19 11:40am-12:25pm

Sa 2/26-4/02 11:40am-12:25pm

Youth & Tots

Sports

Basketball Skills & Drills (3 to 6 Years)

Our industry-leading basketball skills and drills clinics introduce and advance your players ability for ball handling, dribbling, defense, jumping, passing, shooting and the triple threat position. Our goal and focus is to maintain an energetic & highly active program that will teach, encourage and advance your young players regardless of their skill level. This is an extremely active, endurance-based class.

Location: Recreation Park, Basketball Court

Instructor: BEST Sports Staff

Cost: \$100/\$125 for Non-Residents

Sa 1/15-2/19 9:00-9:45am

Sa 2/26-4/02 9:00-9:45am

Basketball Skills & Drills (7 to 10 Years)

Our industry-leading basketball skills and drills clinics introduce and advance your players ability for ball handling, dribbling, defense, jumping, passing, shooting and the triple threat position. Our goal and focus is to maintain an energetic & highly active program that will teach, encourage and advance your young players regardless of their skill level. This is an extremely active, endurance-based class.

Location: Recreation Park, Basketball Court

Instructor: BEST Sports Staff

Cost: \$100/\$125 for Non-Residents

Sa 1/15-2/19 9:50-10:35am

Sa 2/26-4/02 9:50-10:35am



Soccer (16 Mo. to 2 Years)

Our industry-leading soccer skills and drills clinics introduce and advance your players ability. Our goal and focus is to maintain an energetic & highly active program that will teach, encourage and advance your young players regardless of their skill level. This is an extremely active, endurance-based class.

Location: Checkout Grass Area

Instructor: BEST Sports Staff

Cost: \$100/\$125 for Non-Residents

Sa 1/15-2/19 9:50-10:35am

Sa 2/26-4/02 9:50-10:35am

Soccer (3 to 5 Years)

Our industry-leading soccer skills and drills clinics introduce and advance your players ability. Our goal and focus is to maintain an energetic & highly active program that will teach, encourage and advance your young players regardless of their skill level. This is an extremely active, endurance-based class.

Location: Checkout Grass Area

Instructor: BEST Sports Staff

Cost: \$100/\$125 for Non-Residents

Sa 1/15-2/19 9:00-9:45am

Sa 2/26-4/02 9:00-9:45am

Soccer (6 to 9 Years)

Our industry-leading soccer skills and drills clinics introduce and advance your players ability. Our goal and focus is to maintain an energetic & highly active program that will teach, encourage and advance your young players regardless of their skill level. This is an extremely active, endurance-based class.

Location: Checkout Grass Area

Instructor: BEST Sports Staff

Cost: \$100/\$125 for Non-Residents

Sa 1/15-2/19 12:30-1:15pm

Sa 2/26-4/02 12:30-1:15pm

Youth & Tots

Sports

Parent & Child Multi Sport (2 to 3 Years)

In our parent and child multi-sport classes, children are introduced to the fundamental skills associated with 8 different sports (soccer, basketball, football, volleyball, golf, hockey, tennis and baseball). Structured around a play-based and imaginative curriculum, these classes are a fantastic kickstart for an active life.

Location: Checkout Grass Area

Instructor: Sportball Staff

Cost: \$170/\$212.50 for Non-Residents

M 1/10-3/14 2:00-2:45pm

F 1/14-3/18 10:00-10:45am

Su 1/16-3/06 10:00-10:45am

Parent & Child Multi Sport (16 Mo. to 2 Years)

In our parent and child multi-sport classes, children are introduced to the fundamental skills associated with 8 different sports (soccer, basketball, football, volleyball, golf, hockey, tennis and baseball). Structured around a play-based and imaginative curriculum, these classes are a fantastic kickstart for an active life.

Location: Checkout Grass Area

Instructor: Sportball Staff

Cost: \$170/\$212.50 for Non-Residents

F 1/14-3/18 11:00-11:45am

Su 1/16-3/06 9:00-9:45am

Sportball Multi Sport (3 to 5 Years)

Sportball multi-sport is a dynamic sports program that focuses on skill development in 1 of 8 different sports each class (soccer, basketball, football, volleyball, golf, hockey, tennis and baseball). Classes apply developmentally appropriate methodology to introduce practice and refine motor skills, progress sports skills, reinforce the benefits of team work and prepare you athlete for a future of confident sport participation.

Location: Checkout Grass Area

Instructor: Sportball Staff

Cost: \$170/\$212.50 for Non-Residents

M 1/10-3/14 3:00-3:45pm

F 1/14-3/18 11:00-11:45am

Su 1/16-3/06 11:00-11:45am

Sportball Multi Sport (5 to 7 Years)

Sportball multi-sport is a dynamic sports program that focuses on skill development in 1 of 8 different sports each class (soccer, basketball, football, volleyball, golf, hockey, tennis and baseball). Classes apply developmentally appropriate methodology to introduce practice and refine motor skills, progress sports skills, reinforce the benefits of team work and prepare you athlete for a future of confident sport participation.

Location: Checkout Grass Area

Instructor: Sportball Staff

Cost: \$170/\$212.50 for Non-Residents

Su 1/16-3/06 12:00-12:45pm



Tiny Tot  *Youth Volunteer*  *Cowabunga*

Save the Date

Registration begins:

March 1, Residents

March 8, Non-Residents

Camp Begins:

April 4-8

Youth & Tots

Sports

Sportball Golf (3 to 4 Years)

Sportball Golf introduces your athlete to the fundamentals of the sport. Coaches will lead children through station-based drills focusing on swing fundamentals, proper setup, ball position, parts of the golf club, rules and etiquette of the game, vocabulary, and the simple concepts of how the game is played.

Location: Skate Circle

Instructor: Sportball Staff

Cost: \$170/\$212.50 for Non-Residents

Sa 1/15-3/05 11:00-11:45am

Sportball Golf (5 to 7 Years)

Sportball Golf introduces your athlete to the fundamentals of the sport. Coaches will lead children through station-based drills focusing on swing fundamentals, proper setup, ball position, parts of the golf club, rules and etiquette of the game, vocabulary, and the simple concepts of how the game is played.

Location: Skate Circle

Instructor: Sportball Staff

Cost: \$170/\$212.50 for Non-Residents

Sa 1/15-3/05 12:00-12:45am

T-Ball (3 to 5 Years)

This class introduces fundamental concepts of game play and teaches the basic skills needed for your athlete to progress in to league play and further their skills. Coaches focus on skills like throwing, catching, batting form, base running, fielding and terminology in fun, exciting skill focused play.

Location: Checkout Grass Area

***Location: Skate Circle**

Instructor: Sportball Staff

Cost: \$170/\$212.50 for Non-Residents

M 1/10-3/14 4:00-4:45pm

Sa 1/15-3/05 10:00-10:45am*

T-Ball (2 to 3 Years)

This class introduces fundamental concepts of game play and teaches the basic skills needed for your athlete to progress in to league play and further their skills. Coaches focus on skills like throwing, catching, batting form, base running, fielding and terminology in fun, exciting skill focused play.

Location: Skate Circle

Instructor: Sportball Staff

Cost: \$170/\$212.50 for Non-Residents

Sa 1/15-3/05 9:00-9:45am



Youth & Tots

Skateboarding

Champ Camp Skate Pods (7 to 12 Years)

The cool thing about skateboarding is that participants of different ages and interests can all skate together! Skaters will engage in structured curriculum each week, catered to their skating style and interest. All skaters must bring their own skateboard and helmet. Elbow pads, knee pads, and wrist guards are strongly recommended.

Location: El Segundo Skate Park

Instructor: Champ Camp

Cost: \$180/\$225 for Non-Residents

Cost: \$216/\$270 for Non-Residents*

M 1/10-3/28 4:00-5:00pm

W 1/12-3/30 4:05-5:05pm*

Su 1/16-4/03 10:05-11:05am*

Champ Camp Skate Pods (4 to 6 Years)

The cool thing about skateboarding is that participants of different ages and interests can all skate together! Skaters will engage in structured curriculum each week, catered to their skating style and interest. All skaters must bring their own skateboard and helmet. Elbow pads, knee pads, and wrist guards are strongly recommended.

Location: El Segundo Skate Park

Instructor: Champ Camp

Cost: \$180/\$225 for Non-Residents

Cost: \$216/\$270 for Non-Residents*

M 1/10-3/28 3:00-4:00pm

W 1/12-3/30 3:00-4:00pm*

Su 1/16-4/03 9:00-10:00am*

Champ Camp Skate Jams (5 to 12 Years)

Champ Camp's NEW Skate Jams program is designed for intermediate to advanced skaters looking to push their shred skills to the next level! With less structured instruction than our other programs, Skate Jams give kids the chance to skate freely throughout the session to work on tricks with coaches standing by for support.

Location: El Segundo Skate Park

Instructor: Champ Camp

Cost: \$192/\$240 for Non-Residents

Su 1/16-4/03 11:10am-12:10pm

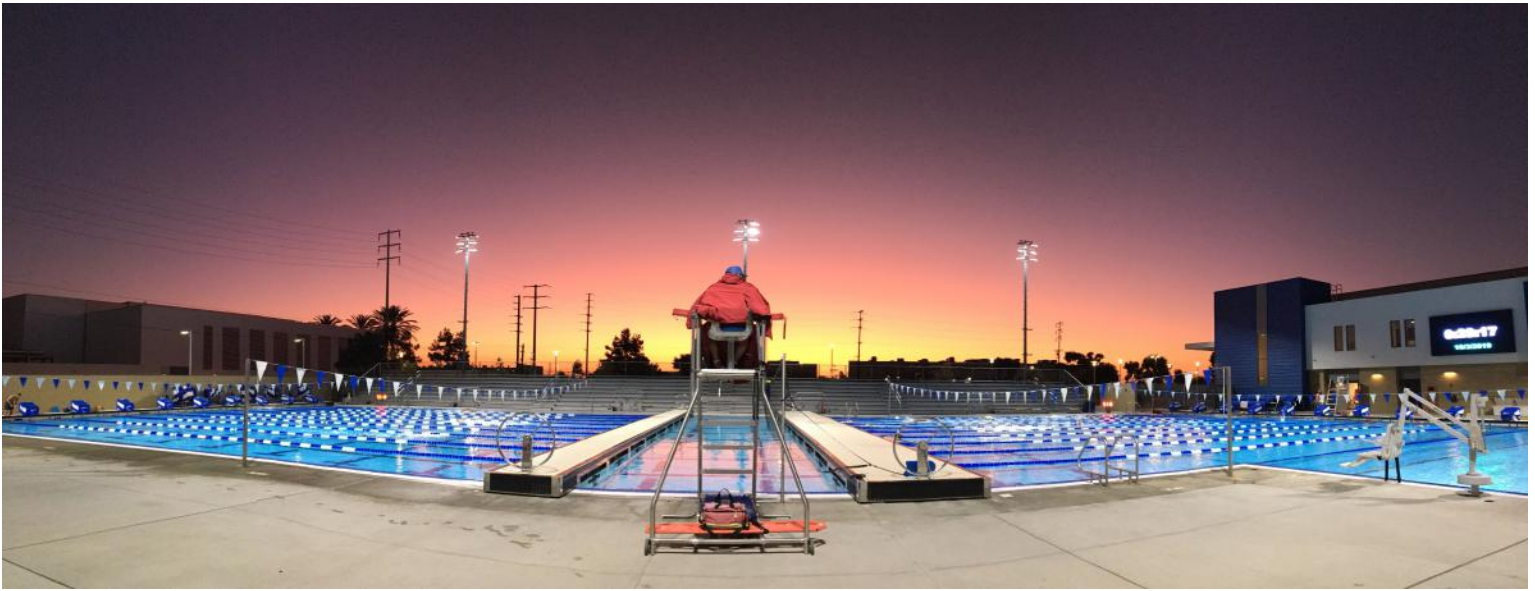


Aquatics

City of El Segundo Wiseburn Unified School District Aquatics Center

2240 E. Grand Ave. El Segundo, CA

310-524-2738  aquatics@elsegundo.org



Aquatic Center Drop-Ins

Adult (18 to 61 Years): \$4/\$6 for Non-Residents  **Military**: \$2/\$4 for Non-Residents
Senior (62+ Years): \$2/\$4 for Non-Residents  **Youth** (3 to 17 Years): \$2/\$4 for Non-Residents
Infant (Under 3 Years): Free with paid Adult

Resident rate at the Aquatic Center is an El Segundo Resident or Wiseburn Resident with a current Recreation ID Membership

Multiple day and multiple use passes are also available

Lap Swim by Reservation

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
50 Meter Long Course	6:00-8:00am 9:00am-1:00pm						10:00-11:00am 1:00-3:00pm
Competition Pool (25Y)		6:00am-3:00pm	6:00-8:00am 9:00am-3:00pm	6:00am-3:00pm	6:00-8:00am 9:00am-3:00pm	6:00-8:00am 11:00am-3:00pm	
Instruction Pool (25Y)	6:00-7:00am 10:00am-1:00pm 7:00-9:00pm	6:00-7:00am 9:00am-3:00pm 7:00-9:00pm	6:00-7:00am 10:00am-1:00pm 7:00-9:00pm	6:00-7:00am 9:00am-3:00pm 7:00-9:00pm	6:00-7:00am 10:00am-3:00pm 5:00-6:00pm	6:00-8:00am	6:00am-12:00pm

Drop In Lap Swim (North 2 & 3)

Competition Pool (25Y)		6:00am-2:00pm	6:00-8:00am 9:00am-2:00pm	6:00am-2:00pm	6:00-8:00am 9:00am-2:00pm		
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Recreation Swim (All Ages)

Instruction Pool (25Y)					6:00-9:00pm	12:00-3:00pm	12:00-3:00pm
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Additional Recreation Swim 12:00-3:00pm December 28-30th, January 17th, and February 21st.

Reservations are available on esrec.org under Aquatics Lane Rentals tab

Lap swim spots open 10 days out for Residents and 7 days out for Non-Residents

Aquatics

Water Fitness

Water Aerobics (18+ Years)

This 50 minute moderate-intensity exercise class includes warm-up aerobic, core, and stretching exercises to give you a full workout. The buoyancy and resistance of the water allows you to move without the same stress on your weight-bearing joints, while making your muscles work harder. Students are welcome to bring their own aquatic weights and pool noodle, but equipment is not mandatory for this class.

Location: Aquatics Center, Instructional Pool

Instructor: Naomi Gol

Cost: \$8/\$10 for Non-Residents Per Class

M-F 7:00-7:50am

M/W/F 9:00-9:50am

T/Th 8:00-8:50am

T/Th 6:00-6:50pm

S'Wet (16+ Years)

S'WET is a brand new aquatic fitness format which stands for Structured Water Exercise Training and consists of a combination of basic aquatic fitness movements, high intensity interval training (HIIT) strength training, cardio, plyometrics, and a splash of fun! S'WET combines interval and circuit training in the water for participants with the goal of challenging the cardiovascular system to increase circulation, endurance capacity, and help promote joint lubrication.

Location: Aquatics Center, Instructional Pool

Instructor: Alyson Campbell

Cost: \$8/\$10 for Non-Residents Per Class

M 6:00-6:50pm

F 10:00-10:50am

Aqua Zumba (16+ Years)

Aqua Zumba is a low-impact, water based dance-style workout, utilizing Zumba music rhythms and dance steps from all over the world with water resistance. The result? A high-energy aquatic exercise experience great for all levels that has participants having fun while enjoying a high-energy, water-based body toning workout.

Location: Aquatics Center, Instructional Pool

Instructor: Alyson Campbell

Cost: \$8/\$10 for Non-Residents Per Class

T 10:00-10:50am

W 6:00-6:50pm

Aqua Fitness (18+ Years)

Aqua Fitness is a splash! You'll start the workout with warm-up moves, then add cardiovascular and strength training exercises. Water aerobics classes are easy on your joints, yet challenging enough to help you reach new levels of fitness. The exercises are performed in chest deep water, so no swimming skills required, and are appropriate for any age or fitness level. Pool noodles and water weights are available at the pool.

Location: Aquatics Center, Instructional Pool

instructor: Carol Hahn

Cost: \$8/\$10 for Non-Resident Per Class

Sa 1/8 8:00-8:50am

Sa 3/26 8:00-8:50am



Aquatics

Swim Levels

Level 0- Parent & Me Seahorses (6 Mo. to 3 Years)

This is a guided water exploration class designed for the young child accompanied by one parent. Parents participate in songs and games with their child while assisting them in getting used to the water environment. Children must wear swim diapers.

Level 1- Tadpoles (3+ Years)

Level 1 is for children to practice positive attitude and safe practices around water while also gaining basic knowledge of body positioning, arm technique, and kicking. **There is no pre-requisite.**

Level 2- Frogs

Level 2 participants learn to perform skills learned in level 1 independently. With assistance, participants will begin to put together arm technique, kicking, and floating. They will also be introduced to deeper water. **Pre-requisite:** Front glide for 2 body lengths, roll to back float for 15 seconds.

Level 3- Clownfish

Level 3 participants spend all their time in deeper water. They begin swimming further distances on their front while also beginning to put together backstroke. **Pre-requisite:** Tread water or float for 10 seconds, swim using arms and legs on front for 2 body lengths.

Level 4- Blowfish

Level 4 swimmers will learn side breathing, flutter kick, scissor kick, breaststroke kick, and dolphin kick. They will also begin swimming longer distances. **Pre-requisite:** Push off wall and swim 5 body lengths on front and back, Tread water for 15 seconds.

Level 5- Seals

Level 5 swimmers will begin working on diving, as well as swimming further distances in breaststroke, and butterfly. Participants will work on swimming the length of the pool in freestyle and backstroke. Lastly, they will begin flip turns and touching the bottom in the deep end. **Pre-requisite:** Ability to swim 15 yards in both backstroke and freestyle, streamline 2 body lengths.

Level 6- Dolphins/Sharks

Level 6 swimmers will work on treading water using legs only as well as swimming breaststroke and butterfly without a kickboard. Swimmers will also practice swimming distance. **Pre-requisite:** Ability to swim 25 yards of unassisted freestyle and backstroke, 15 yards of breaststroke kick and butterfly kick, enter water headfirst.

Level 7- Fliers

Level 7 swimmers will begin preparation for joining a swim team. They will learn to read a swim set, as well as swimming long distances in all 4 strokes. **Pre-requisite:** Perform a streamline dive, swim 50 yards of both freestyle and backstroke, swim 25 yards of breaststroke and butterfly.



AQUATIC CENTER LESSONS

Session Dates (2022)	Time	Levels	Cost	Registration: 9am
Group Lessons				
Monday & Wednesday January 10-February 2	3:30pm 4:00pm 4:30pm 5:00pm	L1,L2,L3,L4 L4,L5,L6,L7* L1,L2,L3,L7* L4,L5,L6	\$42 Residents \$52.50 Non-Residents *L7 Only \$64.40 Residents \$80.50 Non-Residents	December 27th January 3rd
Tuesday & Thursday January 11- February 3	3:30pm 4:00pm 4:30pm 5:00pm	L1,L2,L3,L4 L4,L5,L6,L7* L1,L2,L3,L7* L4,L5,L6	\$48 Residents \$60 Non-Residents *L7 Only \$73.60 Residents \$92 Non-Residents	December 27th January 3rd
Monday&Wednesday February 14- March 9	3:30pm 4:00pm 4:30pm 5:00pm	L1,L2,L3,L4 L4,L5,L6,L7* L1,L2,L3,L7* L4,L5,L6	\$42 Residents \$52.50 Non-Residents *L7 Only \$64.40 Residents \$80.50 Non-Residents	February 4th February 7th
Tuesday & Thursday February 15- March 10	3:30pm 4:00pm 4:30pm 5:00pm	L1,L2,L3,L4 L4,L5,L6,L7* L1,L2,L3,L7* L4,L5,L6	\$48 Residents \$60 Non-Residents *L7 Only \$73.60 Residents \$92 Non-Residents	February 4th February 7th
Privates/Parent & Me				
Saturday January 15- February 12	9:00am 9:30am 10:00am 10:30am 11:00am 11:30am	Privates (Ages 3 & up)	\$80 Residents \$100 Non-Residents	December 27th January 3rd
Saturday January 15- February 12	11:00am 11:30am	Parent & Me	\$24 Residents \$30 Non-Residents	December 27th January 3rd
Saturday February 19- March 12	9:00am 9:30am 10:00am 10:30am 11:00am 11:30am	Privates (Ages 3 & up)	\$80 Residents \$100 Non-Residents	February 4th February 7th
Saturday February 19- March 12	11:00am 11:30am	Parent & Me	\$24 Residents \$30 Non-Residents	February 4th February 7th

Aquatics

Specialty Classes

Junior Guard Training Program (9 to 17 Years)

This class is designed to prepare participants for Junior Lifeguards. The Instructors will help swimmers get ready for the swim test, performing exercises to increase swim speed. This class will also prepare participants for what to expect when swimming in the ocean.

Instructor: Aquatics Staff

Cost: \$80/\$100 for Non-Residents

***Cost: \$73.60/\$92 for Non-Residents**

M/W 1/10-2/03 5:00-5:30pm*

M/W 1/10-2/03 5:30-6:00pm*

T/Th 1/11-2/04 5:00-5:30pm

T/Th 1/11-2/04 5:30-6:00pm

Lifeguard Certification Classes (15+ Years)

The City of El Segundo is currently hiring lifeguards for its aquatics team! Take a certification class with us and become certified in Lifeguarding, First Aid, CPR, and AED. For more information, please see esrec.org.

Location: Aquatics Center

Instructor: Aquatics Staff

Cost: \$200

Sa-Su 1/08-1/09 8:00am-6:00pm

Sa-Su 2/26-2/27 8:00am-6:00pm

Swim With Me (All Ages Adaptive)

This adaptive swim program is designed to focus on your children's abilities not disabilities. An individualized swim plan is created to help reach your child's swim goals using behavior analysis methods. All sessions will include sensory integration, which is naturally built into the lesson, and of course, a lot of fun.

Location: Aquatics Center, Instructional Pool

Instructor: Saul Gonzalez

Cost: 30 Minute classes \$220/\$275 for Non-Residents Per Class

Cost: 45 Minute classes \$330/\$412.50 for Non-Resident Per Class

Session 1: 1/08-2/05 (No class 1/29)

Session 2: 2/19-3/12

Sa 8:00-8:30am

Sa 8:30-9:00am

Sa 9:00-9:45am

Sa 9:45-10:15am

Sa 10:15-11:00am

Sa 11:00-11:30am

Sa 11:30am-12:00pm

swm.
swim with me



JOIN OUR TEAM!

The City of El Segundo is looking for exceptional individuals to fill vacancies. Seasonal and yearly opportunities are available.

Currently Hiring:

Lifeguards

Swim Instructors

Recreation Leaders

Senior Recreation Leaders

Applications available on the city website under part-time opportunities.



FACILITY MAP

RECREATION FACILITIES & PARKS



FACILITIES

1 CHECKOUT BUILDING

401 Sheldon St.
Phone: 310-524-2700
Mon - Sun: 8:00am - 9:00pm

2 GEORGE E. GORDON CLUBHOUSE

300 E. Pine Ave.
Phone: 310-524-2362
Mon - Fri: 9:00am - 4:00pm
Sat: 9:00am - 1:00pm

3 JOSLYN CENTER

339 Sheldon St.
Phone: 310-524-2705
Mon - Thurs: 9:00am - 8:00pm
Fri: 9:00am - 5:00pm
Sat: 9:00am - 1:00pm
Sun: 10:00am - 3:00pm
-Outreach
Phone: 310-524-2706
Mon - Fri: 9:00am - 1:00pm

4 TEEN CENTER & SKATE PARK

405 Grand Ave.
Phone: 310-524-2717
Mon: 2:00pm - 8:00pm
Tues - Fri: 3:00pm - 8:00pm
Sat: 12:00pm - 8:00pm

5 URHO SAARI SWIM STADIUM "THE PLUNGE"

219 W. Mariposa Ave.
Phone: 310-524-2738
Closed until renovation, please donate at WWW.ESREC.ORG

6 CITY OF EL SEGUNDO WISEBURN UNIFIED SCHOOL DISTRICT AQUATICS CENTER

2240 E. Grand Ave.
Phone: 310-524-2738
Mon-Fri: 6:00am - 9:30pm
Sat - Sun: 6:00am - 3:00pm

7 CAMP EUCALYPTUS

641 California St.
Phone: 310-524-2700

8 PARK VISTA

615 E. Holly Ave.

9 THE LAKES GOLF COURSE

400 S. PCH

FIELDS

10 CAMPUS EL SEGUNDO ATHLETIC FIELD

2201 E. Mariposa Ave.
Phone: 310-524-2700

11 STEVENSON FIELD

Located on the west side of Recreation Park

12 GEORGE BRETT FIELD

Located in the northeast corner of Recreation Park

13 RECREATION PARK SOFTBALL FIELD

Located in the northeast corner of Recreation Park, next to George Brett Field

14 RICHMOND STREET FIELD

Located on the corner of Mariposa Ave. & Virginia St.

PARKS

15 RECREATION PARK

401 Sheldon St.

16 ACACIA PARK

600 Block of W. Acacia Ave.

17 CANDY CANE PARK

100 Block of Whiting St.

18 CLUTTER'S PARK

East Imperial Ave. at Sheldon St.

19 CONSTITUTION PARK

Washington St. between Sycamore and Maple Ave.

20 EL SEGUNDO DOG PARK

East Imperial Ave between McCarthy Court and Sheldon St.

21 FREEDOM PARK

Illinois St. between Mariposa Ave. and Holly Ave.

22 HILLTOP PARK

Corner of Maryland St. and Grand Ave.

23 HOLLY VALLEY PARK

Corner of W. Holly Ave. and Valley St.

24 IMPERIAL STRIP & MEMORY TREE ROW

Imperial Ave. between Hillcrest Ave. and Center St.

25 INDEPENDENCE PARK

Washington St. between Walnut Ave. and Sycamore Ave.

26 KANSAS PARK

Corner of Kansas St. and Holly Ave.

27 LIBRARY PARK

600 Block of Main St.

28 SYCAMORE PARK

Corner of Sycamore Ave. and California St.

29 WASHINGTON PARK

Washington St. between Maple Ave. and Mariposa Ave.

FARMERS MARKET

30 Every Thursday 3:00-7:00pm

300 Block on Main St.
Phone: 310-524-2700

FOLLOW US, LIKE US, CONNECT WITH US @ESRECANDPARKS

24 8 2

